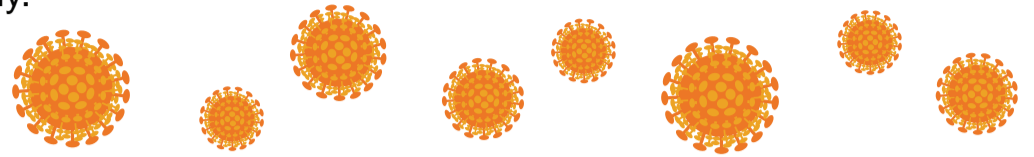


CORONAVIRUS DISEASE 2019 (COVID-19)

LONG-COVID (POST-COVID-19 SYNDROME)

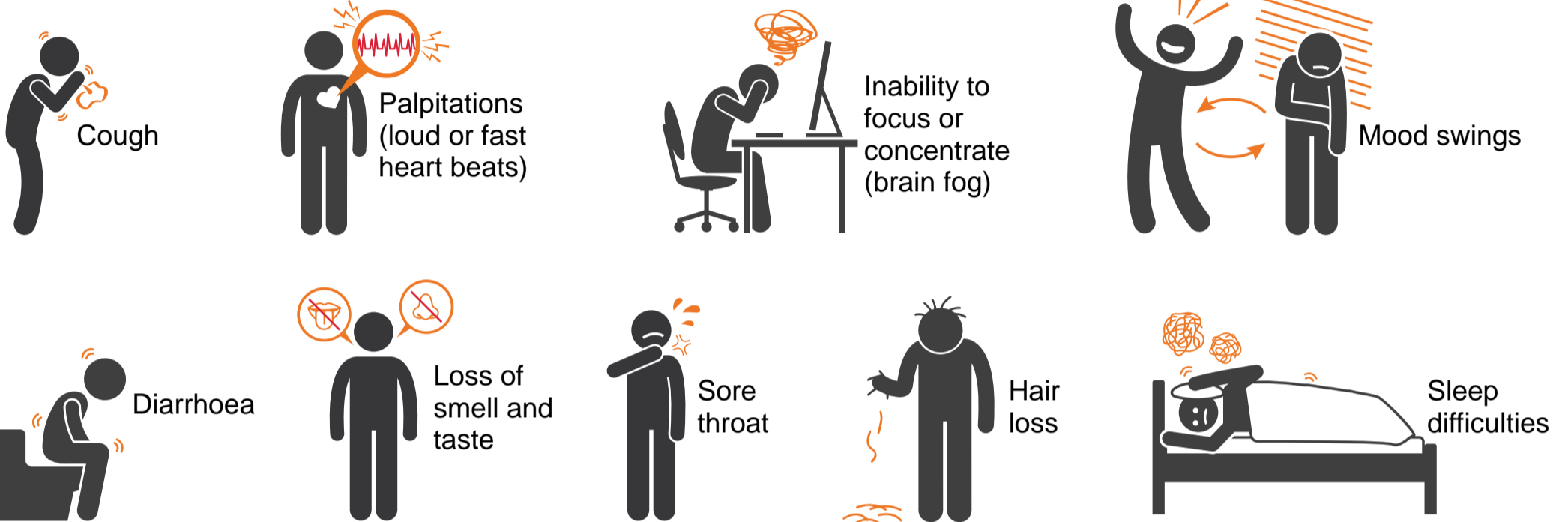
“Long-COVID”, or “Post-COVID-19 syndrome” is a spectrum of signs and symptoms that persists for or develop after 12 weeks following an acute COVID-19 infection.

- They may occur either alone or more than one simultaneously. They may not be constant and can change with time.
- Anyone who has had COVID-19 infection (even if they suffered mild illness) may develop Long-COVID.



SYMPTOMS Most commonly reported symptoms are fatigue and breathlessness.

Other symptoms include the following but are not limited to these:



CONSULT YOUR HEALTHCARE PROFESSIONAL IF:

- You have developed or have persisting symptoms beyond 12 weeks of recovery.
- Your symptoms have worsened or changed.

There are no medications to prevent Long-COVID. However, some suggested measures that may help include:



Consult your health professional about your symptoms including mental health symptoms if any.



Ask about possible outcomes of the symptoms.



Keep a log of your symptoms and track the progress and recovery.



Seek information on how to manage your symptoms.



Be aware of possible symptoms that may need urgent attention.



Who to contact in case of emergency.

This infographic has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the infographic, please consult your medical professional.

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